

AXIS MUNDI

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SOL's Yule Celebration
The Great Mother
The Horn God at Yule
Yule Spell Ornament
Herbes ~ Ash
Crystals ~ Bloodstone
Cancer in Ingressand
much much more



AXIS MUNDI

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The beginning of a circle is also its end. Not I, but the world says it: all is one. And yet everything comes in season. - Heraklitos of Ephesos



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In addition to our regular Full Moon Circles we also run workshops and classes which are highly interactive and experiential, focusing on participation and engagement of participants. If you want to keep abreast of SOL's circles, gatherings, workshops and activities please click on the banner below to check out our Events Calendar.



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FROM THE EDITOR



Welcome to the new look AXIS MUNDI The free eMagazine of Spheres Of Light

This is our first major change since Axis Mundi's inception in 2008 and I would like to take this opportunity to give a big thank you to Jenny Taylor for all her dedication and hard work in helping set up Axis Mundi and all the time involved in coding and formatting the eMagazine over the past three years.

It is now an opportune moment to look back at our humble beginnings to see how far we have come. The concept of Axis Mundi in the context of our magazine was envisioned as a central point where all ideologies and spiritual ideas converge. Axis Mundi's objective is to be a repository of shared knowledge that is in a constant state of evolution. So for Axis Mundi to meet its objective it needs people to contribute articles, ideas, experiences and opinions etc.

Each issue contains articles and information that correspond to a seasonal theme and highlight the rhythms and cycles of the natural world and our lives. Each season colours our world with new insights and brings us to a deeper understanding of life. It is through your insights and active participation that this online magazine will grow and develop into a publication that will empower us on our journey through the realms of all possibilities personal, emotional, spiritual, and magical.

Blessings

Janine

"Everything in life is connected somehow. You may have to dig deep to find it but it's there. Everything is the same even though it's different. Somehow everything connects back with your life. The faces in certain places may be different, but the situation is the same. Irony is a hidden factor that creeps around us in life, letting its presence felt only after it has left. Picture back to a year ago and the situation you were in. Look at how things are different yet somehow everything is still in some way cognate. Everything connects together to form the balance of life, to maintain structure. Change is and always will be inevitable, but everything is relative, and all the moments and times in your life will come back around again, you just might find yourself on the other side of the coin. Things are always changing, as fast as everything stays the same." ~ Author unknown.



Yule (Winter Solstice) June 20-23

Winter solstice or Yule is the shortest day, and also the longest night of the year. It marks the return of the Sun's warmth and light, and the promise once again of a productive Earth.

Pagans often celebrate these aspects with candles, fire, greenery and feasting. At this time, Yule logs are burned. The Yule log should be the root of a hardwood tree, and in Australia mallee roots are ideal for this purpose, as are Tasmanian oaks and all types of Eucalyptus. The Yule log is burned down until nothing but a small piece remains, which can be saved and kept to be used as a lighter for the following year's Yule fire.

A Yule tree is often placed within the traditional Pagan home, with a pentagram (five pointed star) at the top, symbolizing the five elements. Presents are exchanged and many pagans stay up all night to welcome in the sun.

This is symbolic of the Goddess giving birth to the God and then resting after her ordeal.



The Yule Boar



In times long gone the boar was one of the most ferocious and aggressive animals a person was likely to encounter, it was also one of the best and most popular animals to hunt being admired for both its strength and courage. Many warriors' helmets bearing boars-head crests have been found in archaeological sites, and are thought to have been worn as a symbol of the wearer's courage in battle. In Beowulf, the epic Anglo-Saxon poem (c. 700), Beowulf himself led his warriors into battle wearing a boars-head helmet as a symbol of his power and leadership.

The Boar symbolises the spirit of abundance and prosperity, of fertility and wealth. Fierce, strong and dangerous, his ritual sacrifice at the darkest time of the year would guarantee bountiful crops in the next harvest,

victory in battle and the vanquishing of the old enemy.

The boar is deeply connected to the earth energies for they can often be seen rooting and foraging in the undergrowth of plants and trees, and although they have poor eyesight, they have excellent hearing and a sense of smell that helps them remain alert and aware of everything around them. This teaches us to look beneath the surface at things that may be troubling us, to uncover what lies hidden and effectively deal with it by fine-tuning our senses and paying attention to whatever is around us.

In Scandinavia a custom still survives in the form of the Yule Boar. At Winter Solstice particularly in Sweden and Denmark, a loaf is often shaped like a pig and baked. The substitution of a ritual loaf for a man or animal is found in other cultures as well, (and makes one wonder if the person was sacrificed but the implication is clearly there). The idea appears in conjunction with a sacrificial victim in the April Fools tradition. A ring or other token was hidden in a cake and whoever received the slice containing it was king for the night, able to do whatever he chose, but was killed the next day.



Anyway, the loaf is called the Yule Boar and it's usually made from the last ear of corn reaped in the proceeding harvest. In most households it remains on the table only through the Christmas season but some maintain the older tradition of keeping it until Spring when it's mixed with the new corn and given to field workers to eat. This represents the presence of the spirit of the harvest through the seasons.

Before the loaf was common, a real boar was sacrificed. Prior to that, a man dressed as the Yule Boar was sacrificed. In Sweden shadows of this are still seen. At Christmas a man is wrapped up in leather and holds bristle-like straws in his mouth in emulation of the animal. An old woman with a blackened face then takes a knife and pretends to kill him, (the death goddess personified).

<http://www.squidoo.com/new-year-traditions-old-and-new>
<http://www.controversial.com/Wild%20Boar.htm>

SOL's Full Moon Circle ~ June 17th, 2011

Yule Celebration



At this circle we combined the celebration of Yule and the ritual of the Sagittarian Full Moon, the energy of this evening was further amplified by the lunar eclipse.

At this time of year the Divine Light reaches the inner most centre of the globe, impregnating the Earth with its Life. It is the birth of the Sun, and creates a new growth cycle; the Earth and all beings are made ready for a fresh beginning.

The Full Moon in Sagittarius is a time of focusing on the spiritual aspects and higher learning and wisdom, we can also focus on humanity being in a state of peace, divinity and wisdom within themselves and all beings.

The Sagittarius/Gemini polarity is a very out there type of energy so it was a good time to be with others and have fun. To be spiritual does not mean to be serious, but rather to express our joy and love in all beings and start to play more.

This lunar eclipse was illuminating us from within and bringing clarity to see and be in our higher spiritual designation and work with the Bigger Picture. Embracing the energy of this powerful full moon also helped shift a lot of the old patterns and dramas that are no longer appropriate and assisted in bringing about a peaceful loving space for everyone.

On this cold wintery night everyone gathered in the ante room where we experienced death through meditation.

"The darkest hour is upon us, to all present I invite you Surrender to the dark, all that is due so that you can be reborn anew"

Once the meditation was complete we moved from the ante room into the main hall but first we each were drummed and rattled to free ourselves from unwanted energies before moving into the hall which became the birthing chamber.



As we crossed the crystal barrier which marked the threshold between the worlds each person spoke the words "I surrender to the dark to be reborn of the light."

Once the participants were gathered in the circle, the ceremony commenced by the power of the dragons. The guardians of the Watchtowers were then summoned to lend their power to the rite.

With the lighting of the silver candle the Goddess was called.



"Oh Mighty Goddess
Of life, death and rebirth
In pure surrender to the dark
You labour with the birth of the divine child
As Midwife and Mother
You bring forth life and light"

The golden candle representing the God was then lit and the God was called.



"Oh Mighty God
Of fertility and regeneration
Born of the Great Goddess
Arise from deep within
Revitalise our eternal flame
Your birth lends power"

The purple candle placed in the centre of the wheel represented what was being left behind, everyone watched the candle flame as they journeyed into the birthing meditation where we met the Great mother who was preparing us for the birth of the next cycle of time and the coming wheel of the year.

We became a part of the crystal grid which allows one to see any place and time in the history of the universe. The Great Mother then showed us our own sun, a red golden ball of light; its light spoke a command into our being and the transformation was finished. We then all shared our experience and then walked the circle drumming in the new energy.

"With the sun's return
Life begins and unfolds
Celebrate and rejoice the birth
From dark to light
Dark to light
Dark to light
Dark to light"

The circle was then closed and we all finished the evening with our usual feast. More information regarding this circle and past circles can be found in our Book Of Shadows. Our next Full Moon Circle will be held near Engadine on Friday July 15, 2011. Please contact us for further details if you would like to attend.

The Great Mother

One of humanity's oldest concepts is that the world started as a divine spark of creative potential contained within the primordial womb. It is from this state of original chaos, the Great Uterine Darkness, that the old creative goddess was said to have brought forth all that is.

She is the Great Mother goddess who represents procreation. She is a goddess embodying the fertile earth and is also known as the Earth Mother. This is because the earth was seen as being the mother from whom all life sprang.

Archaeological finds of the earliest statues from around the world depict the Great Mother Goddess with large breasts and a swollen belly.

Later in history the Goddess became a multitude of mother archetypes with varying attributes reflecting the cultural ideologies of the goddess giving birth to the sun and the natural world.

The ancients believed that the archetypal Great Mother gave birth to the sun on the day of the Winter Solstice which marks the time of death and rebirth. This is a point in time when the light begins to regain its power.

There are many Goddesses that represent the Great Mother at this time; the Egyptian Goddess Isis, who gave birth to her son Horus, the Sun God, on the Winter Solstice. On the same day the Greek goddess Leto gave birth to the bright, shining Apollo; and Demeter bore Dionysus.

The Great Mother Goddess is viewed as a goddess who always guards the portals of consciousness and presides over any ceremony of transformation which involves transformation, death and rebirth.

References: Upper Palaeolithic, Venus von Willendorf, estimated to have been carved 24,000–22,000 BCE,
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The Horned God at Yule

By Craig Phoenixwolf

Deep in the Underworld where the spirits of those passed away reside. Hidden away from this world there is a throne. Ancient and worn, time has caused the wood with which it was made to warp and decay. Weary timbers creak and its owner shifts his once strong body trying to find comfort for his tired bones.

Grey hair now where once vibrant locks sat. A long grey beard reaches his lap. Skin wrinkled and cracked like an old leather bag. Eyes once bright are dull and tired. Here sits the Horned God, old and weak. Lost inside a frail body that is dying around him. Beside the throne a sword rests untouched. A bow once used to protect the forest now a home for a spider that weaves its web between timber and string.

Above in the world of man the wind blows cold, chill drops of rain soak into the earth. Grey skies match the grey beard of the Lord of the Sun. Trees stand bare, their leaves fallen to the earth. Winter is here.

Yule is here. In the Underworld the weary God sighs and dies.

In the land of man the Goddess extends a delicate hand and touches her stomach. A smile that could have been the inspiration of the Mona Lisa crosses her face. The Horned God grows within.

At Yule, we celebrate the rebirth of The Horned God as the balance once more shifts. The sharing of a feast and the giving of gifts are for many apart of their Yule celebrations. We share this time with family and friends

Artwork - Holly King by RavenWillowHawk

<http://theantlergang.deviantart.com/gallery/?offset=48#/dqp2i4>



Yule Spell Ornament

If you are setting up a tree in your house for Yule or you are decorating your altar in a Yule theme why not create a Yule spell ornament. This is an activity that all the family can get involved in. There are so many ways you can create these ornaments and the materials can be found around the home if funds are limited.

The ornaments can be made from material bags, plastic ornaments, decorative glass vials or hand-sewn ornaments which can add extra power by allowing you to sew your intent into your ornament. You can also embellish them with power by drawing sigils and rune symbols on them.

Once you have decided on the medium for your ornament, you will want to decide on the intent of your spell. To add power to your ornament you may want to fill it with herbs and crystals to correspond to your desires. Certain herbs and stones are traditional at this time of year so you may want to make some that honour the season as well. Here is a list of some suggested ingredients and their correspondences:

Herbs

Bay/Bay Laurel – protection, healing, strength
Blessed Thistle – strength, protection, healing
Cedar – healing, money, purification
Cinnamon – success, healing, power
Chamomile – money, sleep, love, purification
Clove – protection, exorcism, love, money
Frankincense – protection, spirituality
Holly – protection, luck, dream magick
Ivy – protection and healing
Juniper – protection, anti-theft, love, health
Mistletoe – protection, love, fertility, healing
Myrrh – protection, healing, spirituality
Oak – health, money, potency, fertility, luck
Pine – healing, fertility, protection, money
Rosemary – love, lust, mental powers
purification, healing, sleep youthfulness

Crystals

Tiger's Eye – protection, clarity of thought
Ruby – life-force, vigour, courage, healing

Garnet – release depression, balance, self-esteem, nightmares, and success
Emerald – creativity, insight, memory, eyes
Bloodstone – energy flow, blood, emotions

Colours

Green: prosperity growth healing
Purple: enlightenment, psychic abilities
Yellow: Joy happiness
Gold: money
White: purifying
Black: protection, to end things (use this to draw bad influences out of your life)
Red/pink: Love, passion
Blue: tranquillity, peace

Bag Ornaments



These are simple to make and can give you a lot of room to be creative. These bags can be bought from reject and craft shops. They come in a range of colours that match your intent and can be filled with herbs and crystals. You can write your intent on pieces of paper or on a bay leaf. Once you have filled your bag then decorate it with ribbons and other craft items of your choosing or pictures which you can glue to the front.



Plastic/Glass Ornaments



These ornaments can be for making seasonal intentioned ornaments that you can reuse year after year and also ones that are meant for a specific and immediate spell.



You can buy these online or from craft stores. There are a lot of stores selling Yule ornaments for Christmas in July Celebrations so if you get stuck you are bound to find what you want at one of these shops.

Once you have your intention in place and have gathered your items, take time to decorate the outside if you wish. Adding ribbons and gluing images to the outside is a nice way to add a little something to the object. Next, fill the inside with your herbs and stones that have been charged with intention. Add any other items you wish to use inside such as intention papers, trinkets, etc.

Sun Catchers

Sun Catchers make great Yule Ornaments, they can be a bit fiddly but once you master the art they can become great permanent decorations. There are so many different colours and shapes you can choose from and you can also add special charms or



talismans. Even if you buy them you can still charge them with your intent.

Sewn Ornaments



These are a great way to get creative with your ornaments. You can use all manner of fabrics in all kinds of colours and patterns that can be either seasonal or that correspond to your goals. You can even make them in special shapes such as hearts, poppets, stars, etc.

Once you have sewn your ornament and added some stuffing to it you can add your herbs, crystals intention slip and with any symbols that represent your desires. Sew closed, charge and hang!

When you take down your tree if your spell has been achieved, burn any intent papers and then spread all the content on the ground with an offering of thanks to the Gods. If your spell hasn't passed then place your ornament on your altar for a period of time. If you have made seasonally appropriate ornaments simply pack them away and recharge them again next Yule.

Shaman's Tools

The Staff



Shamans are considered to be mediators between the ordinary world and the spirit world surrounding us. The staff is seen as an extension of the shaman and is the physical representation of the axis where the two worlds in the physical and spiritual worlds join. Not just a symbol of power, it can be used as walking stick and serves as a weapon if physically threatened. It represents the spirit helper, or the magical influence which guides the shaman through the spirit realm or through healing rituals.

A staff is often decorated as well as carved. When you make your staff you can decorate the staff with leather, feathers and/or stones or beads. The staff will then become unique to you giving special meaning to your life and the usage of the staff.



Staffs are usually made from wood. Depending on what energies you want to associate with your staff will depend on which wood you choose and there are many different types of trees to choose from. Sometimes the best way to choose a staff is to take a long walk through the bush and ask your spirit guide to show you the piece of wood that is meant for you. If you take a branch from a tree make sure you ask permission from the tree first; and thank the tree spirit and your guides for giving itself or part of itself to you

You will need to decide whether to peel off the bark or leave it natural. After it's dry you can then decide what you are going to do with it? You can carve runes into the sides. You can decorate the staff with just about anything else you find an association with. You can brand or burn

runes or personal sigils in the shaft as well. Of course you can even just leave it plain in its natural beauty.

The last thing you should do before actually using your staff is a consecration ritual. You will want to imprint your desired use for this tool upon all the elements of the tool.



The Power of Animal Spirits

Janine Donnellan

One of the most fascinating elements of shamanic symbolism is the role of animal totems. Totems are animal guides that guide and teach us to integrate, heal and develop our shadow self.

There is no doubt that animals are more in touch with their basic instincts than most humans. Animals in their natural state have beautiful, balanced emotions and shamans believe that animals utilize their various attributes to teach and guide human beings. Animals have many powerful lessons to give. They remind us that we are only a small part of creation; that each part of creation has a place; that each creature has its own skill and wisdom.

Both domesticated and wild animals offer an immense heritage of myth, folklore and symbolism. As we learn about animals, it is important to know their symbolic meaning as a point of reference and comparison; keeping in mind that symbols are often cultural in nature and we should consider a particular animal representation in context of our own environment and/or circumstances.

Animal spirit guides may come to one's attention by the means of dreams, signs and symbolic events, or actual events. It then becomes a case of determining the nature of the guide, whether they are messenger guides or life journey guides.

A Messenger Guide quickly comes into your life and then leaves once a message is understood. The message itself can be spiritual in nature, or it can be a warning. The message may deal with a seemingly mundane aspect of your life or it may be a wake-up call for some important action you must make. They can be both negative and positive in nature.

Some years ago I noticed a moth flying around my altar. It was moving up and down a photo of my mother and grandmother. I thought at the time that its movements were uncharacteristic. Sometime later I found the

moth dead on my altar in front of my Isis statue. Later that night I was contacted by relatives to say that my Aunty (my mother's sister had died. I realised at that point that the Moth was acting in the role of the messenger from the spirit world.

A Life Animal Guide/Totem is also called a Spirit Guide and it generally remains throughout life and reflects your inner-spiritual self. Usually a Life Guide does not move away or disappear but remains an integral part of your life.

Our animal guides provide their own gifts called Animal Medicine. This refers to the power or "medicine" that a particular animal spirit offers. An animal does not have to be in your totem for you to call upon their medicine. Animal spirit provides the relationship that enables us to connect our body, mind and spirit and to all that is. The more we recognize our connectedness with these animal spirits the better we are able to utilize their individual gifts.

Creating a Medicine Wheel

Creating a medicine wheel is an ancient way of creating sacred space and connecting to our animal guides. In a medicine wheel each direction has an animal representation.

The medicine wheel is built by placing a small representation that stands for the animal or energy in each direction around a circle and in the centre. The object can be an animal fetish, a photo, a feather, a sea shell or a special stone. It is always something that is deeply meaningful to you, something you have found or been given as a gift.

By creating the medicine wheel, you are making a physical manifestation of the earth's energies. It is a sacred altar which evokes the powers of the earth. Ancient peoples believed that the medicine wheel in itself had great power and helped create change and healing.

Medicine wheels were always a place of ceremony and ritual. On most occasions they were about the tribe's survival, the hunt, rites of passage, the stars, planting, migrations, and the ancestral spirits. They were done at a

community level, and involved huge amounts of energy.

The Medicine Wheel Ritual

The Animal Lorica

Kangaroo before me
Goanna to the left of me
Wombat to the right of me
Barramundi behind me
Eagle above me
Echidna below me
Spirit within me.

Animal Meanings

Before me

Red Kangaroo - Responsibility, Abundance and Endurance - The Red Kangaroo speaks of family fertility, commitment and the promises we make when we take on the responsibilities associated with parenthood.

To the left of me

Goanna - Alertness and Keen Observation - Goanna asks you to be on the alert. Look closely at the goings-on around you today and be prepared to seize the moment and enjoy it. If things around you are threatening, it's time to leave.

To the right of me

Wombat - Gentle Aggression, and Tenacity - Wombat teaches us to speak up and to confront wrongs aimed at us with confidence and a sense of assuredness without being forceful, violent or rude.

Behind me

Barramundi - Equilibrium - Barramundi suggests, for a male, the realization of one's innate feminine Dreaming and for a woman: the need to be more earthed, practical and less dreamy.

Above me

Eagle - Spirit, Swiftiness, Strength and Courage - Eagle offers strength, bravery and discipline to reach ever-greater heights, while

reminding us to remain humble and to never be over-confident to the point where we become blind to our original intent.

Below me

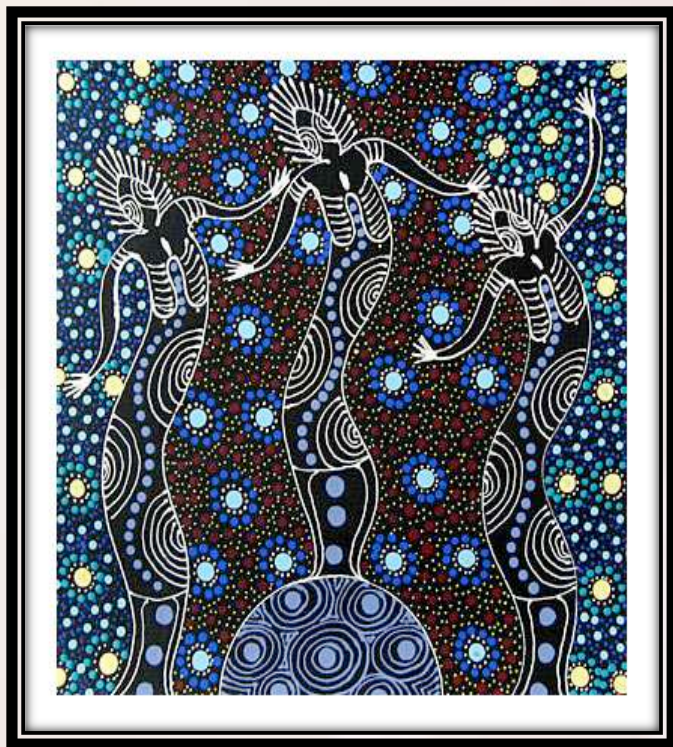
Echidna - Personal Protection - Echidna Dreaming is powerfully protective, allowing only those we trust and want near us to venture within our sacred space. Her soft, unprotected underside is always exposed to Mother Earth, allowing the loving, nurturing, protective energy to be absorbed by her heart.



The Medicine Wheel Meditation

Sit in a comfortable position, feet firmly on the ground, hands resting on your lap. Take a deep breath and then exhale. Feel all the muscles in your body relax - just completely relax. Feel the warmth of the mother earth on the balls of your feet. Notice the cool air around you as it gently brushes over your skin and as you sit notice a white swirling mist completely surround your body. Feel its coolness as it spirals around your being. You see yourself standing up from your chair and you find yourself on a long winding pathway that meander through a beautiful serene forest. You start to walk down this winding path noticing the different types of plants as you walk by. You see the sun glimmering through the trees and you notice the

interesting patterns that emerge on the pathway before you. You feel the presence of animals and nature spirits watching you as you proceed down this path.



Dreamtime Sisters
by Colleen Wallace Nungari

Soon you find yourself in an open grassy field and in the distance you hear the gentle sound of water in the distance. You follow the sound of the water and you come across a stream. You notice the water runs quickly over rocks and pebbles.

The grass is waist high, swishing softly as you walk through. You can smell the grass and the scent of the flowers. The sky is clear.

You can hear birds speaking to each other, the sound of the lorikeets and the ravens. As you walk, you come to a circle of paperbark trees. You move into the circle. You face the rising sun and you notice an old woman waiting there for you. She is very old, dressed

in kangaroo skin with gum leaves and gum nuts around her neck and raven feathers in his hair.

"I am She who guides the way", she says. "I come to bring insight." Look into her eyes. Look around the circle, now honour each of the directions and then go to the direction that you feel you are most drawn to, that can give you what you need in your life at this time. Spend time there; listen to what the guide says. Stay as long as you need, wait there until an animal comes to you, it will bring you knowledge about the animal medicine that you need at this time. When you have received your message thank the animal guide then return to the centre of the circle.

The woman gathers the earth from the ground and places it in your hand. Remember you are of the earth, the earth is of you go now with your new knowledge, and return to the medicine wheel in times of need.

Acknowledge the directions before you leave the circle, you move through the long grass, you then move down the winding path. You see the sun setting through the trees and you feel the presence of animals and nature spirits watching you as you proceed down this path. Soon you notice the white swirling mist before you. You feel its coolness as it spirals around you and soon you find yourself back into the room, back into your chair, stretching your arms and when you are ready open your eyes.

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<http://mypoweranimals.org/>



Crystals ~ Bloodstone

By Maria



Crystals have a hidden inner mystery, understanding their internal structure, gives you another dimension to consider when working with them.

Bloodstone crystal structure is trigonal, meaning that its internal structure is formed in a triangular fashion. This classification puts it under the Hexagonal crystal system.

According to Henry M. Mason, author of 'The Seven Secrets of Crystal Talismans' this crystal system is classified as 'Seekers and Simplifiers' meaning that its "energy structure will focus and multiply our desires and efforts to point to a path that which we seek ...they help us align our feelings for new beginnings... focused on discovery... to find our way to new horizons and new capabilities."

Bloodstone fits in that category. It is a seeker and simplifier stone. Its draws energy to get you moving, to change and grow, gain what you need plus adding tranquillity to your life.

Bloodstone is an opaque, dark green stone with red spots sometimes yellow spots. Bloodstone is also known as Heliotrope. Its old name Heliotrope is still used in Europe, it's Greek for sun turner. The Greeks believed in Bloodstone's ability to bring change.

At this time it's highly apt, we are in the period of Yule, the time of the birth of the sun, when the darkness of our lives gives way to light. Bloodstone is about sun, fires, heat, energy, creativity, new beginnings all of which Yule represents.

This stone is referred to as "courage stone, heroes stone, and, be here now".

It gives us the courage and energy to break through our fears, blockages and battles, be it physical, emotional or spiritual and leads us to a more positive direction in our lives. It removes blockages by circulation energy and aligning all the centres of the body.

Bloodstone is good for deflecting all kinds of negativity. We battle against negativity each day; this stone assists us in that battle. Historically it was carried by soldiers to stop bleeding and heal wounds faster. Well, aren't we all soldiers in this day and age, it's just a different kind of battle our wounds be it physical, mental, spiritual still need healing. It also protects against accidents or attacks a good stone for the traveller.

Athletes benefit from Bloodstone it increases power and strength for victory, protects against injury plus giving them the courage to succeed. It has long been used to secure victory in physical battles, competition and on a personal level. Legal, business or financial issues benefit from the spiritual guidance of bloodstone; it brings abundance and prosperity to the venture. Bloodstone is often used in spells to be victorious in court or legal issues.

Keep a bloodstone in your wallet, cash register or safe to attract money.

Bloodstone as the name suggests assists with blood and circulatory issues. It also stimulates and cleanses the immune system. It can be used to purify and detoxify kidneys, liver and spleen. The heart will also benefit from its cleansing effect and any other illness

relating to blood e.g. Menstrual cramps, blood clots, and haemorrhoids. It is a good stone for pregnant women. In ancient times, women wore them to ensure a safe pregnancy and easy child birth.

Use a Bloodstone pendulum to locate energy imbalances in the body. It can be used to facilitate communication with the spiritual realms and any kind of divination.

It can be placed in a bowl of water or in bath water to ensure peaceful sleep and protects against nightmares.

It is good to have several pieces of Bloodstone in the home to increase the flow of life energy. It is associated with the base, sacral, solar plexus and heart chakras.

In magick Bloodstone can be utilised in spells for abundance, prosperity, wealth, energy,



change, new beginnings, and creativity, all that gives life a boost for the better.

Heliotrope (bloodstone) is considered one of the most important stones in magic and alchemy. Medieval magicians wore rings and bracelets with a heliotrope in the creation of spells and magical rituals - believe that it strengthens the force of the magician and the rite. Alchemists tried to use it to uncover the secrets of the universe, using it as a magic channel between man and the cosmos.

According to Scott Cunningham, Crystal, Gem, & Metal Magic., "Bloodstone can be used for invisibility; the Bloodstone was smeared with fresh heliotrope flowers and worn or carried. This was said to dazzle the

eyes of the bearer" beholders. Today this ritual may be used for "magical invisibility"- when you wish to lie low and not attract attention to yourself."

There are so many writers that attribute particular crystals to Gods and Goddesses. So I ask of you to start your own. Look at the crystals properties, what is it saying to you. For example Bloodstone relates to new beginnings, abundance, wealth, justice etc. Listed below are a few names of gods and goddesses that I feel relate to Bloodstone but please don't limit yourself to these choices, explore some of your own.

Apollo heals emotional and physical wounds.

Hermes assists athletes.

Goddesses of Justice:

The personification of justice balancing the scales of truth and fairness dates back to the Goddess Maat, and later Isis of ancient Egypt. The Hellenic deities Themis and Dike were later goddesses of justice.

Goddesses of abundance:

Goddess Abundantia is the Roman Goddess of Abundance, Good Fortune and Success. Lakshmi's name is derived from the Sanskrit word Laksya, which means "goal" or "aim." Lakshmi is a beautiful, golden-skinned moon goddess of prosperity and good fortune, who brings blessings of abundance to everyone.

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HERBES ~ASH

By Amethyst



"Put another log on the fire", I was singing along to this old song on my way home from work recently, and I found myself wondering what the traditional YULE LOG was supposed to be made of!

ASH

Latin Name: Fraxinus (excelsior/americana)

Planet: Sun, Neptune

Celtic Tree Astrology: 3rd Month Feb18th-March17th

Zodiac:

Tarot: The Hanged Man

Element: Fire

Gender: Masculine

Deity: Eostre, Frigg, Gwydion, Hel/Holle, Mars, Minerva, Nemesis, Neptune, Odin, Poseidon, Thor, Neptune, Uranus, Woden

Stone: Turquoise, Lepidolite, Beryl (sea-green)

Birds: Common Snipe

Colour: White, Pale Blue

Magickal: Countermagick Herbe, Fertility Herbe, Herbe of Love, Herbe of Protection, Magickal Herbe, Religious Herbe, Visionary Herbe.

Folk Names: Ash, Common Ash, Unicorn Tree, Guardian Tree

Parts Used: Leaves, wood, bark, twigs, sap, flowers



The Ash tree in Norse mythology is seen as the world tree Yggdrasil or Cosmic Ash and the first man, ASK, was formed from an ash tree.

This tree is said to span the universe - its roots in hell, its branches supporting the heavens and with Earth at its centre. In Celtic cosmology in particular it connects the three circles of existence - past, present and future, or as confusion, balance, and creative force; there being no hell, but only continual rebirth as passage is made from circle to circle until the Land of the Blessed is finally reached.

Also, the Ash can be seen as spanning both microcosm and macrocosm, the little world and the great world. In this interpretation, man and Earthly things are reflections in miniature of the universe, the cosmos being reflected in us, and thus expressing the meaning of the old expression:

"As above, so below."

"Know yourself and you will know the world." This ancient Druid phrase describes to us how we are linked to our world, and how the Ash was seen as spanning the world around us and within each of us.

The ash tree is also said to represent the world tree or axis mundi as it is known in Latin.



Through their understanding of Universal Order and their appreciation of their own unique role in it, the Celts discovered a deep sense of belonging and a purpose for their existence. Our modern and hectic daily life is usually far removed from the cycles and forces of the natural world and it can often

be seen empty of any real purpose. The ash is a key to healing the loneliness of the human spirit out of touch with its origins - it can provide a sense of being grounded and of belonging. The ash reminded the Celts of the interlinking of the Three Cycles of Being. Likewise we are encouraged to consider the role of the past in creating the present, so that we can better appreciate the many ways in which positive thought and action today can help to create a brighter tomorrow. Through a constant process of balancing and marrying opposites, we, like the ash, can achieve harmony within ourselves.

Three of the Five great trees of Ireland were Ash:

the Tree of Uisnech,
the Tree of Tortu,
and the Tree of Dathi.

The Five trees were located in each of the five provinces and symbolized the guardians who protected the sovereignty of the land. They were destroyed in 665 CE by the Celts themselves, rather than surrendered to the encroaching Christians.



In the Celtic Ogham Alphabet ash or 'Nion' represented our modern letter N.
(Ogham image here please)
NION or NUIN (Nee-Arn) - N – ASH.

This Ogham symbol is used in Celtic Reiki at the start of a manifestation treatment to connect to the energy required for the treatment.

Ash is referred to in "The Sinister Pathway Triangle Order". They relate it to Saturn.

USAGE

Druid wands are good for healing, general and solar magick. Placing fresh ash leaves under your pillow stimulates psychic dreams.



Ash leaves can also be used to bring general prosperity. To do this, gather ash leaves and take them to an outdoors place where you can work undisturbed. Using a sword, dagger, wand, or even your index finger, draws a circle in the ground which is large enough for you to work in without crossing. Facing the east, hold the ash leaves in both of your hands, saying, "Elementals of the East, rulers of Air, bring me knowledge and inspiration." Turn to the South, and say,

"Elementals of the South, rulers of Fire, bring me energy and change." Turn to the west, and say, "Elementals of the West, rulers of Water, bring me healing and love." Lastly, turn to the north, and say, "Elementals of the North, rulers of Earth, bring me prosperity and success." At the end of each, throw a few ash leaves to each direction. Then, stand in the centre of the circle with your hands raised, and say, "Blessings to all who come to my aid. Between friends is this bargain made." (adaptable as required)

Burn an ash log at YULE to receive prosperity. Also place a leaf someplace within your car, motorcycle or truck for protection on the road.

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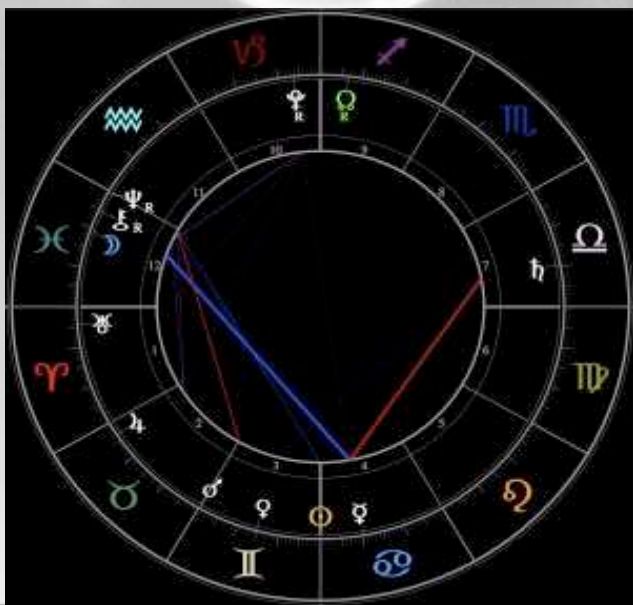
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thirtythreeenergyhealing@gmail.com



by Julija Simas

CANCER INGRESS – 21 June 2011 5:18pm UTC



Cancer Ingress 2011. 21 June 2011, 5:18pm UTC. Unplaced Chart – Natural Houses

At the Cancer Ingress, the summer solstice in the north and the winter solstice in the south, we come to the most northerly point in the Sun's apparent cycle around the Earth, when it seems to stand still for a few days before beginning its journey south again.

The Sun at 0° Cancer indicates a season ahead concerned with security, comfort and protection. Cancer symbolises the oceanic womb from which we all emerge, regardless of nationality, ethnicity and race; the sense that we are all family and we all share the same home. However currently there seems to be a distinct lack of safety in our global outlook: for many the near future is anything but secure, as the square from Uranus and the opposition from Pluto continue to afflict the Sun at each cardinal ingress.

Since the last quarterly report, for the Aries Ingress 2011, grave concerns continue with unknown (or undisclosed) nuclear radiation leakage at the Fukushima Power Plant in Japan. These concerns are amplified by further government announcements about more drilling and mining for oil and gas, despite increasingly

popular demands for clean and renewable energy sources and the protection of our sacred lands and waterways. Despite the rise of Uranus out of the waters of Pisces and into fiery Aries, with Neptune hovering at 0° Pisces, things don't seem to be progressing fast enough and there is a feeling of frustration and building anger over the pollution and toxicity percolating through the planetary environment.

Saturn in Libra has begun to move forward again, and forming one end of the frustrating and dynamic T-square with Uranus in Aries and Pluto in Capricorn, now slowly starting to dissipate, perhaps we can start to see some real work done to address the dreadful imbalances between citizens' rights to environmental justice and the increasingly arrogant and coercive actions of corporate power, exercised by a small elite groups blinded by their own greed and their ignorant attachment to power and control over others.

Many planets and the luminaries are aligned with Neptune during this ingress: the Sun by trine, the Moon by sign, Mars by square and Jupiter by sextile. It seems that our senses are highly attuned to the subtle undercurrents of a new understanding of the world and its near future; there seems to be a slowly dawning realization of the epic, planetary struggle for natural justice that is fast advancing upon us. The Sun in Cancer, the ultimate symbol of the waters of the environment as the ancient font of life, invites a re-visioning of civilization and the relationship of the human race to its supportive ecological niche. Jupiter in Taurus, in sextile to Neptune, reminds us of the wealth and beauty of nature as well as its great bounty. A sextile between these two planets in these two signs has not been experienced since 1857-58. Neptune and Jupiter travel well together, both attuned to expansive energy; Taurus and Pisces, being in sextile, are also a naturally good match as the feminine qualities of groundedness and reality in Taurus merge with the dreams and ideals of Pisces, coming together beautifully in a magical understanding. We will notice the difference when Neptune retrogrades back to Aquarius in

August, disrupting the pattern, and leaving only the few months from February to June 2012 with these two planets in Pisces and Taurus. Let's take this opportunity to channel some inspired ideals into real outcomes that will leave a lasting effect for the better.

Mars in Gemini, in square to Neptune, suggests attention being paid to the many falsehoods and lies peddled by those who prefer to divide, distract and confuse so that they can continue with the business-as-usual of corporate plunder and pointless accumulation of 'stuff' in their vain attempt to fill the void within. The same configuration activates the urge to uncover, expose and lift the veils of hidden agendas, and pierce through the spectacle of media hype and political theatre. In an age when there is so much information to sift through, so much to consider, in a world full of illusions and propaganda, we need to carefully examine the sources of our news, the underlying assumptions of pundits and commentators, the ideological basis of their opinions. So much of the media has become wholly corrupted by the disease of corporate control, and so much of our core values have been skewed by the selfish drives of uncontained capitalist greed, that it sometimes seems as if the struggle to retain some sense of optimism for the future of our planet has been all but lost. Neptune in Pisces represents the truth that sometimes faith in what is right is all that we have left, but despite its seemingly ephemeral and otherworldly nature, it is this unquenchable spirit of devotion to our beliefs that will get us through this unprecedented challenge to our very survival.

With Mercury also in Cancer and in trine to a very perceptive Pisces Moon as well as the above-mentioned Sun-Neptune trine, the watery energies flow deep within: the way to the truth lies in examining our deepest feelings and gut reactions to events. Take note of what makes your stomach churn, what alerts you emotionally and trust that to guide you to the truth. But, Mercury being square to Saturn (which has only gone direct in motion a few days prior to the solstice) also indicates that we bear a responsibility to speak up and be heard for our ideas, even though we may think they are irrational. Saturn in Libra is a scrupulously fair judge, but is unable to help if our evidence is not tendered to court. All the facts, all the ideas, all the opinions must be on the table, not hidden, not secret, not withheld out of fear of intimidation: only then can a balanced decision be made and justice be dispensed.

As the lunar nodes journey backwards through Sagittarius and Gemini, the search for truth and

wisdom is accentuated again in this ingress chart, as we make plans for the future. Wherever we find the nodes is also where we find eclipses within 18 degrees: we have already had one at 11° Gemini on 1 June 2011 (the first solar eclipse in Gemini for 19 years), as well as one at 24° Sagittarius (a total lunar eclipse) following on 15 June 2011.

Another solar eclipse which starts a new Saros cycle, on 1 July 2011 at 9° Cancer, brings with it the spirit of the times as it is birthed on the southern part of our globe, many thousands of kilometres south of Africa, in the Antarctic. The last time a new Saros cycle was born was in June 1928 at 26° Gemini over northern Russia; at that time, just like now, Jupiter was entering Taurus and Uranus was in early Aries. A Uranus-Pluto square was forming just like now, but back then it was a waning square to Pluto in Cancer.

The astrocartography maps of the eclipses can be seen in our [Cancer Solstice 2011 Panel Discussion](#), and the ACG map for the Ingress can be seen below.



ACG World Map of Cancer Ingress 2011. 21 June 2011, 5:18pm UTC.

It is interesting to note also the position of Venus, at 14° Gemini; within one degree of the Venus occultation in June 2012, at 15° Gemini, when retrograde Venus passes directly in front of the solar disk. This is an astronomical phenomenon that happens in pairs, with each conjunction in the pair 8 years apart (2004 and 2012 in the current pair), the last pair occurring about 120 years ago, and the next approximately 120 years from now. It seems like this placement is like a precursor to the transit next year, perhaps a premonition or a sign to reconsider our core values. Venus represents what we love and value, what we want and like. Can we claim to love and value peace and planetary health as one of our most important goals?

As the current pair of Venus transits of the Sun occurs in Gemini, and the next pair and the last

pair were in Sagittarius, we get a sense that a re-learning, a flourishing of new ideas or perhaps new discoveries is upon us. When this phenomenon occurred in Sagittarius, the pair of Venus occultations seemed to correspond with a time of progress and much moral justification for success and power, as well as the urge to stand strongly by beliefs in what was regarded as the right way and the truth. We now see the other side of the coin and are asked to reconsider so many of these expansionist and imperialist assumptions as we plan for a future, guided by a map of reality that corresponds more closely to the facts of our relationship to our environment, to our perceptions about the world we inhabit and to each other.

As the next quarter of our solar cycle unfolds, please join us for our Intention Mission this Cancer Solstice, as we collectively align our thoughts, our deepest motivations and feelings during the 24 hours of the Solstice.

This Cancer Ingress focus your intention on the feminine qualities of nurturing, protection and care and how these universal values of rootedness and belonging can grow to encompass the global community and develop into a responsibility to respect and foster the Earth that is our common origin and home



KITCHEN WITCHERY

Yule Wassail



Wassail, is derived from the Anglo-Saxon *wes hál*, meaning 'be whole', or 'be of good health' and was a salutation at Yule, when the wassail bowl was passed

around with toasts and singing.

Wassail carols would be sung as people would travel from house to house in the village bringing good wishes. The Apple Tree Wassail, sung in hopes of a good crop of cider the following year, other such as the Gower Wassail carol still survive today.

Recipe for Yule Wassail

1 orange
4 whole cloves
500ml (2 cups) apple juice
1 cinnamon stick
3cm-piece fresh ginger, peeled, thinly sliced
6 cardamom pods, crushed

Pinch of ground allspice
Pinch of ground nutmeg
750ml (3 cups) apple cider
180ml brandy

Method

Stud the orange with cloves. Place in a large saucepan. Add apple juice, cinnamon, ginger, cardamom, allspice and nutmeg. Bring to the boil over medium-high heat. Set aside for 30 minutes to infuse. Strain into a jug. Discard spices. Makes enough for six. Wassail!

<http://www.taste.com.au/recipes/collections/thai+recipes>

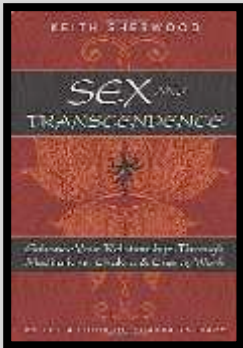
Adriana's Book Corner



NEW BOOKS ON THE BLOCK!

Merry meet!

Here are some picks on new books recently being released.



Sex and Transcendence by Keith Sherwood

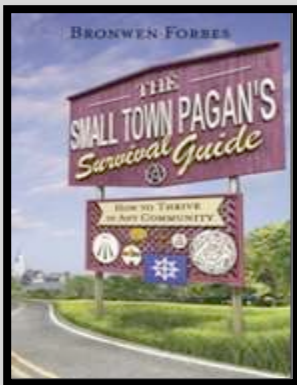
Enhance your relationships through meditations, chakra and energy work.

ISBN 9780738713403

Publication date June 2011-06-18

Now this is a book I would look forward to reading in bed! Keith Sherwood teaches how to use Tantra, working with the Chakras, Meditations and other tools in order to take your relationship to a next step.

According to Llewellyn, "Renowned author Keith Sherwood shares practical techniques for releasing karmic baggage, overcoming sexual inhibitions, and using your chakras and energy system to experience complete oneness with your partner. This guide includes step-by-step exercises that can be performed alone or with a partner, and illustrations of the various Mudras and the human energy system."



The Small-Town Pagan's Survival Guide How to Thrive in Any Community By Bronwen Forbes

ISBN 9780738726229

Publication date: June 2011

I wonder how many Pagans are out there in the Bush struggling to live by their Path without really knowing many other people with similar beliefs? Or wondering how to "come out of the broom closet" without being rejected by everyone else in the town? I have met a few Pagans who come all the way to Sydney just for a monthly Coven meeting, or for a good Pagan event, or just to see a few friendly faces who can understand what they're talking about. So I hope you all find this book helpful, I think even us "Urban Pagans" will find a lot of the author's ideas really helpful, especially when wanting to meet like-minded people. The author shared her own experiences and her own struggles and gave really good insights and information about being a Pagan; she also interviewed a number of people who identified themselves as Pagan living in small communities.



Sadly Bronwen Forbes passed away on April 10th 2011. So I take this opportunity to say thank you for all your hard work, for sharing with us such an amazing work, and for making this world a better place.

WITCHY CRAFTS

Yule Incense



For Yule use the following herbs and incense, either together or alone: rosemary, frankincense, myrrh, nutmeg, saffron, cedar, ginger, cinnamon.

Yule Incense

2 parts Frankincense
2 part Pine Needles
1 Part Cedar
1 Part Juniper Berries

Yule Oil

2 drops of each Cinnamon and Clove oil
1 drop of mandarin oil
2 drops each frankincense and Myrrh oil.

JUNE TAROT READING Ace of Swords



The Ace of Swords is especially empowering at this point of time because you are able to confront vagaries and inaccuracies in your life that are not adding up. The Ace of Swords gives you the strength to confront situations that do not mesh

with your understanding of things and the presence of mind to articulate your position.

This is a beacon of coming courage that will strengthen your resolve to get to the heart of the matter. Of course if you are not in synch with reality then it will take longer for you to deal with the issues and move forward.

This is a time of clearing away the veil of illusion so that you have a clear indication of what is really going on with your life.

Don't be frightened to wield that sword and cut away all that unnecessary baggage.

Tarot card is from Glastonbury Tarot by Lisa Tenzin-Dolma

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WHAT'S HAPPENING AT SOL?

SOL Full Moon Circle July 15, 2011



Spheres Of Light holds regular Full Moon Circles near Engadine (Southern Sydney, Australia) on the Friday before each Full Moon. These Full Moon gatherings are Open Circles, meaning that all Pagans are welcome to come along any time and experience a Full Moon circle with us. [Details here...](#)

SOL Meditation in the Royal National Park Sunday July 17, 2011



[Click here for more information.](#)

Come join us for meditation in the beautiful surrounds of The Royal National Park. Our meditations will be conducted every third Sunday of the month. Please email inquiries@spheresoflight.com.au for times and meet up details.

(Please Note: you must be over 18 years of age to attend any SOL gatherings, events, classes & workshops.)

OTHER PAGAN AND COMMUNITY EVENTS

Please email us the details of any pagan or community events, classes, workshops or regular meetings that you'd like to see promoted here in this free listing.

PAN Full Moon Public Circle Thursday July 15, 2011 at Seven Hills, Sydney ([map](#))



Date: Thursday July 15, 2011 at 8:30pm
PAN Inc. full moon ritual. PAN runs a public full moon ritual each month at Rotaract Hill, Seven Hills. Anyone is welcome to attend - the purpose of the ritual is to provide members of the pagan community an opportunity to celebrate the full moon together & network with friends, it is also a public ritual where those new to paganism can attend to learn more and meet like-minded others, and the rituals also help inform the general public about what pagans do and dispel misguided myths about paganism and witchcraft.

The circle is held on the top of Rotaract Hill on Terminus Road Seven Hills NSW, just next to the train station. Getting there is easy. If you take the train, the hill is less than five minutes' walk (and easily visible from the station). If you drive, there is plenty of parking available both at the base of the hill and across Terminus Road. Full Moon info and contact details here.

Workshops at Miranda (Embrace) & Wollongong (Lotus)

All of the workshops are highly interactive and experiential, focusing on the participation and engagement of participants.



**SCRYING
WORKSHOP**
Saturday 25th June 2011
[Click here...](#)



**SPACE CLEARING &
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Saturday 9th July 2011
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**WHAT IS WICCA?
WORKSHOP**
Saturday 6th August 2011
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**What is Wicca?
Workshop**
Sunday 7th August
[Click here...](#)



SOuL Searchers is Spheres of Light's paranormal investigations subgroup. They use a common sense scientific approach to all investigations but also have an open mind to all theories & methodologies.



Crone and Sage is a website that is dedicated to our pagan elders who want to share their knowledge and wisdom, magic and life experiences in the form of articles, poetry, recipes, artwork and music.



The Spheres Of Light Holistic Centre has within its members practitioners who can provide Spiritual Healing in a variety of natural healing modalities.



If you want to know about current topics check out the forum pages. This is a place where you can discuss ideas and catch up on general news. So if you want to participate please become a member as we would love to hear from you.



The National Pagan Directory is a Spheres Of Light initiative to help Australian Pagans connect with each other in their local area. It is a FREE listing & provides links to information about covens, groups, workshops, retreats & other special Pagan events, plus Aussie Pagan businesses & services. If you would like your coven, group, regular meet-up to be listed in the NPD please send us your details. To list your one-off or special events please use our Australian Pagan Events forums. We also invite Celebrants in the Pagan community to promote their services in the NPD. For further information & contact details click on the banner above.



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